



KY Dept. of Fish and Wildlife Resources
#1 Sportsman's Lane
Frankfort, KY 40601



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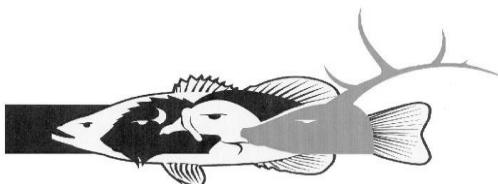
Becoming an Outdoors-Woman (BOW) is a workshop focused on the learning of outdoor skills – skills usually associated with hunting and fishing, but useful for many outdoor pursuits. Designed primarily for women, it is an opportunity for anyone 18 years of age or older, and is for you if...

- ☐ You have never tried these activities, but have hoped for an opportunity to learn,
- ☐ You are a beginner who hopes to improve your skills,
- ☐ You know how to do some of these activities, but would like to try your hand at some new ones,
- ☐ You are just looking for the camaraderie of like-minded individuals.

FRIDAY, SEPTEMBER 19 – SUNDAY, SEPTEMBER 21, 2014
ANNUAL FALL BOW WORKSHOP
LAKE CUMBERLAND 4-H LEADERSHIP CENTER, JABEZ, KY

**PLEASE NOTE: CLASSES ARE FILLED ON A FIRST-COME, FIRST-SERVED BASIS,
THEREFORE PARTICIPANTS WHO REGISTER CORRECTLY AND EARLY ARE MORE LIKELY TO GET THEIR TOP CHOICES**

The Kentucky Department of Fish and Wildlife Resources (KDFWR) hosts this workshop in partnership with support and sponsorship provided by the Kentucky Fish and Wildlife Foundation and the Yvette Reffitt Scholarship fund



Kentucky Fish and Wildlife Foundation

PLEASE READ CAREFULLY AND COMPLETE FORM PROPERLY
MAKE CHECK PAYABLE IN THE FULL AMOUNT INCLUDING ANY ADDITIONAL FEES OF CLASSES TO BETH MINCH
MAIL COMPLETED FORM AND PAYMENT TO:
BETH MINCH, P.O. BOX 35, STAMPING GROUND, KY 40379

NAME _____ PHONE _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

E-MAIL _ (PRINT CLEARLY) _____

EMERGENCY CONTACT _____ PHONE _____

ROOMMATES NAME _____ (SOME ROOMS HOLD UP TO SIX)

IF YOU DO NOT INDICATE A ROOMMATE WE WILL DETERMINE ONE (1) ROOMMATE FOR YOU

I may be exposed to some environmental/physical risk due to the nature of the workshop. I assume full responsibility for any intentional action or injury that may result from my participation. I understand and accept that photographs and video may be taken during sessions to be used in future support of the program. I understand that organizing the BOW workshop takes place months in advance and every effort is made to offer all scheduled classes. However, in the event of an unforeseen and unavoidable event of a class/event cancellation or instructor change, BOW will provide excellent alternatives should these situations arise.

APPLICANT SIGNATURE _____ DATE _____

THIS WORKSHOP CONSISTS OF FOUR, THREE AND A HALF-HOUR SESSIONS.
IT IS MANDATORY TO SELECT THREE CHOICES FOR EACH SESSION BY INDICATING
YOUR FIRST (1), SECOND (2) AND THIRD (3), CHOICES.
SESSIONS ARE LIMITED AND ARE FILLED ON A FIRST-COME, FIRST-SERVED BASIS.
PLEASE SELECT YOUR COURSES CAREFULLY; YOU CANNOT CHANGE YOUR SCHEDULE AT THE WORKSHOP.
AS COURSES FILL, YOU ARE ASSIGNED YOUR 2ND OF 3RD CHOICES

FRIDAY PM - SESSION I / MARK 1ST, 2ND AND 3RD CHOICE

☐ ~~Advanced Pistols~~ **CLOSED**
☐ ~~Basic Archery~~ **CLOSED**
☐ ~~Basic Canoeing~~
☐ ~~Basic Fishing~~ **CLOSED**
☐ ~~Basic Rifles~~ **CLOSED**
☐ ~~Butterfly Waystations~~ **CLOSED**
☐ ~~Cleaning & Processing Wild Game~~
☐ ~~Explore Bowhunting~~
☐ ~~Fly Tying~~ **CLOSED**
☐ ~~Sourdough 101~~ **CLOSED**

SATURDAY AM - SESSION II / MARK 1ST, 2ND & 3RD CHOICE

☐ ~~Advanced Rifles~~ **CLOSED**
☐ ~~Antler Basketry~~ **CLOSED**
☐ ~~Basic Archery~~
☐ ~~Basic Kayaking~~
☐ ~~Basic Pistols~~
☐ ~~Basic Shotguns~~
☐ ~~Dry Stone Masonry~~ **CLOSED**
☐ ~~Edible Wild Plants~~
☐ ~~Fishing for Walleye/Striped Bass~~
☐ ~~High Ropes Challenge~~
☐ ~~Hiking the Great Outdoors~~
☐ ~~Natural Remedies~~ **CLOSED**
☐ ~~Stand Up Paddle Boarding~~
☐ ~~Vehicle Care You Do Yourself~~

SATURDAY PM - SESSION III / MARK 1ST, 2ND & 3RD CHOICE

☐ ~~Advanced Archery~~
☐ ~~Antler Basketry~~ **CLOSED**
☐ ~~Basic Canoeing~~
☐ ~~Basic Kayaking~~ **CLOSED**
☐ ~~Basic Pistols~~ **CLOSED**
☐ ~~Basic Rifles~~ **CLOSED**
☐ ~~Basic Shotguns~~ **CLOSED**
☐ ~~Edible Wild Plants~~
☐ ~~Fly Tying~~
☐ ~~Low Ropes Challenge~~ **CLOSED**
☐ ~~Natural Remedies~~ **CLOSED**
☐ ~~Stand Up Paddle Boarding~~ **CLOSED**
☐ ~~Trapping Basics~~

SUNDAY AM - SESSION IV / MARK 1ST, 2ND & 3RD CHOICE

☐ ~~Basic Boating Safety~~ **CLOSED**
☐ ~~Basic Fishing~~
☐ ~~Basic Pistols~~
☐ ~~Basic Shotguns~~
☐ ~~Butterfly Waystations~~ **CLOSED**
☐ ~~Dry Stone Masonry~~ **CLOSED**
☐ ~~Fishing for Walleye/Striped Bass~~ **CLOSED**
☐ ~~Hiking the Great Outdoors~~ **CLOSED**
☐ ~~ReBoot~~
☐ ~~Sourdough 101~~ **CLOSED**
☐ ~~Trapping Basics~~
☐ ~~Vehicle Care You Do Yourself~~

WEEKEND AGENDA

FRIDAY, SEPTEMBER 19, 2014

9:30am Check in
11:30am Lunch & welcome
1:30pm SESSION I
5:30pm Dinner
6:30pm Group Photo
7pm Group Activity / Swap Meet

SATURDAY, SEPTEMBER 20, 2014

7am Breakfast
8am SESSION II
12pm Lunch
1:30pm SESSION III
5:30pm Dinner
7pm Group Activity / Breakout Sessions

SUNDAY, SEPTEMBER 21, 2014

6:30am Optional Devotion
7am Breakfast
8am SESSION IV
11:30am Wrap-Up

KY BOW SWAP MEET

While completing your summer chores in cleaning out closets and garages make sure and keep your gently used outdoor related belongings to get something for them. Bring them to the September workshop for KY BOW's first swap meet. Barter with other attendees for that kayak paddle you've been in need of by trading your wading boots you never really broke in. Trade someone your turkey decoy since it just wasn't your thing for a great hiking stick just your size. Whatever the equipment, if it's still in good condition, please bring it with you in September to see if you can't replace it with something to enhance your outdoor experience.

KY BOW SPONSORSHIP

In 2013 a scholarship program was created to honor longtime KY BOW supporter/participant, Yvette Reffitt. Contributions are dedicated to assist participants seeking financial assistance to KY BOW workshops. To contribute please send your gifts payable to Beth Minch, P.O. Box 35, Stamping Ground, KY 40379. To apply for a scholarship, please contact Norm Minch at 800-858-1549 prior to August 4, 2014.

FEES/PAYMENT: **Early Bird registration**, \$200 per person covers two nights lodging in a double room, six meals, planned group activities, four class sessions, materials, prizes and more. **EARLY BIRD REGISTRATION CLOSING AUGUST 4, 2014. All registrations received/postmarked after that date are \$225.** All registrations MUST include any additional fee noted on class descriptions to secure your spot in that class. Checks must be made to Beth Minch. Please check your math closely for the correct amount to remit for the classes you select.

REGISTRATION/CONFIRMATION: Registration closes September 4, 2014 or sooner if capacity of 125 is met. One person per registration form. Mail to Beth Minch, PO Box 35, Stamping Ground, KY 40379. Confirmation will be mailed with packing suggestions, reminders and directions upon receipt of properly completed and fully paid registration. **WE STRONGLY ENCOURAGE YOU TO READ WHEN RECEIVED, IMPERATIVE INFORMATION PROVIDED INCLUDING CLASS PLACEMENT. YOU CANNOT CHANGE YOUR CLASS SELECTION AT THE WORKSHOP.**

CANCELLATION: Any cancellation made before August 4, 2014 will incur a \$25 processing fee. Cancellations made on or after August 5, 2014 will incur HALF their fee. Cancellations made on or after September 4, 2014 or no-shows will forfeit their entire fee.

ACCOMMODATIONS: At **minimum** double non-smoking rooms, some rooms sleep up to six. Please note your roommate(s) name(s). Each room offers a private restroom, bedding (linens) and towels. **A LIMITED NUMBER OF SINGLE ROOMS ARE AVAILABLE FOR AN ADDITIONAL \$80 FEE**

QUESTIONS OR CONCERNS: Please call 800-858-1549, ask for Naomi Wilson or e-mail Beth Minch at beth.minch@ky.gov **WE STRONGLY ENCOURAGE YOU READ YOUR CONFIRMATION LETTER PRIOR TO CONTACTING BETH OR NAOMI AS MOST ISSUES ARE ADDRESSED THERE.**

CLASS DESCRIPTIONS

ALL FIREARM CLASSES REQUIRE EYE/EAR PROTECTION AND WILL BE PROVIDED
ALL CLASSES TAKING PLACE ON THE WATER REQUIRE PFD'S AND WILL BE PROVIDED

ADVANCED ARCHERY LIMITED CLASS of 10 – Spend time maneuvering through a 3-D range using blinds and tree stands. Shot placement, equipment use and handling will be the focus. **PARTICIPANTS MUST BRING THEIR OWN BOW.**

ADVANCED PISTOLS LIMITED CLASS of 10 – Designed to be the next step beyond just marksmanship to gaining confidence with a pistol. How to load and unload, clear malfunctions, use different holster types, marksmanship and most importantly, **SAFETY**. Build confidence because confidence is a key point in shooting well and safely. **PARTICIPANTS MUST BRING THEIR OWN PISTOL AND 100 ROUNDS MINIMUM OF AMMUNITION (NO RELOADS)**

ADVANCED RIFLES LIMITED CLASS of 8 – Previous completion of a basic rifle course required. Subjects discussed will include: rifle types, sights, sight adjustment procedures, caliber and bullet selection, shooting techniques, field safety and shot placement. **PARTICIPANTS MUST BRING THEIR OWN RIFLES AND AMMUNITION (NO RELOADS). PARTICIPANTS MAY BORROW A FIREARM AND AMMUNITION HOWEVER PRIOR ARRANGEMENTS MUST BE MADE WITH BETH BY SEPTEMBER 4, 2014**

ANTLER BASKETRY LIMITED CLASS of 10 – Craft your own work of art as you learn to weave a small basket using a deer antler or a unique piece of driftwood as the center focus and handle. These one of a kind creations will be a treasured keepsake and you'll learn skills you can apply to your very own baskets in the future. **ADDITIONAL \$30 FEE**

BASIC ARCHERY LIMITED CLASS of 15 - Learn a new outdoor skill with step by step instructions for correctly and safely shooting a bow. You'll be hitting the target and popping balloons in no time with an opportunity to use what you've learned on a 3-D range.

BASIC BOATING SAFETY LIMITED CLASS of 8 - What's required for boating? Do you need advice and practice at the ramp? Join this class for an in-depth review of KY boating laws, rules of the road (water), safety tips, operational instruction, backing, launching and equipment requirements for boats and other watercraft on KY waters.

BASIC CANOEING LIMITED CLASS of 12 – Learn about safety, reading the water, equipment, strokes, maneuvering in variable situations and transporting your craft. Come ready for water fun and a dip (by choice) in Lake Cumberland. Participants will need to carry their own canoe to and from the water by hand.

BASIC FISHING LIMITED CLASS of 10 - Venture into the world of fishing as you learn basic techniques, safety, casting, tackle, equipment, and bait. You will get to utilize your new found skills by hitting the waters of Lake Cumberland. **PARTICIPANTS MUST HAVE A VALID KY FISHING LICENSE**

BASIC KAYAKING LIMITED CLASS of 20 – This class is for anyone who has always wanted to try kayaking, but was apprehensive. We'll make you feel at home in a kayak and want to paddle much more. Learn about different types of kayaks: Whitewater, Recreational, and Touring. Learn how to get into and out of a kayak easily, basic paddle strokes, etc. Participants will need to carry their own kayak to and from the water by hand. **ADDITIONAL \$25 FEE**

BASIC PISTOLS LIMITED CLASS of 10 – A great class to learn the basics of pistol shooting. Safely and accurately using a pistol for sport and hunting purposes will be covered as well as types and selection of pistols, calibers, shooting principles and marksmanship.

BASIC RIFLES LIMITED CLASS of 8 – Learn basic skills for safely and accurately using a rifle for sport and hunting purposes. We'll discuss rifle safety, types, selection, calibers and shooting principles. It's fun and informative with plenty of shooting time.

BASIC SHOTGUNS LIMITED CLASS of 12 – You'll learn to safely handle and shoot different types of shotguns. By the end of the class you'll be knocking moving targets from the sky.

BUTTERFLY WAYSTATIONS LIMITED CLASS of 12 – Monarch butterflies are in trouble because of loss of habitat among other problems. Learn more about this and how you can help by planting a Monarch Waystation. Also, we will learn more about butterflies in general, their life cycles, how to attract them and how to enjoy them. We will end up our session by going on a butterfly hunt.

CLEANING & PROCESSING WILD GAME LIMITED CLASS of 25 – Taking game or catching fish is one great part of the experience but how do you clean and prepare it for the table? Join in on processing and care of wild game meat and fish, including filleting, skinning, packaging and labeling. We'll show the simple equipment you need and reveal tricks of the trade for cooking fowl and game that will help assure the best overall taste of the harvest. **PARTICIPANTS TOP 2013 CLASS CHOICE**

DRY STONE MASONRY LIMITED CLASS of 8 – Learn the fundamentals of dry stone masonry construction by applying skills constructing mailboxes from stone. **ADDITIONAL \$10 FEE**

EDIBLE WILD PLANTS LIMITED CLASS of 20 – Learn to identify several commonly overlooked food plants that grow in the wild, many right in your own yard! Delicious, nutritious, and best of all...free! Sample prepared wild plant dishes while learning when, where, and how to harvest and use edible wild plants, for general consumption or even survival. Taste the wild- yum!

EXPLORE BOWHUNTING LIMITED CLASS of 15 - Ever wonder how trail cameras, wind direction, distance judgment, calls, reading arrows and more can help or hurt your chance of a successful hunt? Spend the afternoon engaging in fun activities that will teach you skills, tips and tricks to help increase your odds at being a successful, and more confident hunter; because we all know *shooting* is only 1 part of the equation for a successful hunt!

FISHING FOR WALLEYE / STRIPED BASS LIMITED CLASS of 12 – Spend your morning seeking out Cumberland's walleye and striped bass. Fishing gear and life jackets will be provided. Participants will need to provide their own sun block, sun glasses, hats, camera and good witted personality. **PARTICIPANTS MUST HAVE A VALID KY FISHING LICENSE**

FLY TYING LIMITED CLASS of 6 - Focus on the fundamentals of fly tying as you learn about fly fishing techniques while turning your own hand tied flies to take home. **ADDITIONAL \$10 FEE**

HIGH ROPES CHALLENGE LIMITED CLASS of 20 - Learn a little about rock climbing and push your strength and endurance to the limit! Trained/certified facilitators assist you through a rock climbing experience then a traverse across the field on our zip line. All activities are a "challenge by choice" concept. **ADDITIONAL \$35 FEE**

HIKING THE GREAT OUTDOORS LIMITED CLASS of 15 – This class will hike along trails that line the perimeter of Lake Cumberland 4H Educational Center. Some features of the trails include waterfalls, cave openings, lake views, and beach areas. The pace will be comfortable and the difficulty level moderate. Make sure to bring your camera to capture the beautiful views!

LOW ROPES CHALLENGE LIMITED CLASS of 20 – Engage in a variety of activities to challenge and strengthen your leadership and communication skills, and ability to work within a cohesive team. Navigate through ropes course elements and challenges that are low to the ground. Great for those who "don't do heights" or want to learn a little bit more about themselves. **ADDITIONAL \$35 FEE**

NATURAL REMEDIES LIMITED CLASS of 10 – Going "au natural" can have a couple of different meanings, but this class will teach you how to use what you find in nature to conjure up non toxic insect repellent, first aid ointments and other soothing remedies made from wildflowers, herbs and other plants. On your hike you'll learn to identify various floras, and how it not only lends beauty to the landscape, but also serves as nature's contribution to improve our comfort in the outdoors. **ADDITIONAL \$5 FEE**

REBOOT LIMITED CLASS of 20 - re-purpose used boots for making bird houses, bird feeders, or planters. Bring your own boot or use one of ours! Almost any kind and size of boot can readily be given a second life. Leather boots work best.

SOURDOUGH 101 LIMITED CLASS of 10 – Sourdough baking has been done for centuries. Our foremothers on the Mayflower used wild yeast to leaven bread, as did the pioneers going west and the '49ers. We will discuss the care and feeding of a sourdough starter and fix (and eat!) some tasty treats using sourdough. **ADDITIONAL \$5 FEE**

STAND UP PADDLEBOARDING LIMITED CLASS of 10 – It's the new rage in paddle sports! You can paddle them on lakes, surf in the ocean, and even whitewater, people are even doing yoga on them. Instructor Allison Depenbrock of Canoe Kentucky/ SUP KY will be giving you all of the tips. You'll learn how to get on and off, paddle strokes and practice balancing. **ADDITIONAL \$25 FEE**

TRAPPING BASICS LIMITED CLASS of 10 – Though the first European explorers came to North America in search of gold and silver, it was an abundance of fur-bearing animals that proved to be the real treasure. Fur-bearing animals are a renewable resource and trappers still harvest game today. But trapping has become more of a recreational pastime than a livelihood for most. We will cover the basic items you must acquire to become a trapper, for profit or for eliminating nuisance animals. Topics covered include traps, lures & bait, stakes & tools, safety/comfort and of course staying legal.

VEHICLE CARE YOU DO YOURSELF LIMITED CLASS of 10 – Demonstrations on your vehicle, how to change a flat tire, check tire pressure, tire wear, check belts, hoses and how to check vehicles fluids. Discover what the lights on your dash represent and cover general maintenance you can perform on your own.